

Daily Word

A black and white photograph of pussy willow branches. The branches are dark and diagonal, covered with numerous light-colored, fuzzy catkins. The background is a light, uniform color.

A UNITY PUBLICATION
MARCH 1949

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are unified in thought, purpose, and understanding for the good of all humanity.

FEB. 20 to MAR. 19

ILLUMINATION (11 a. m.): The wisdom of divine love guides and illumines me.

PROSPERITY (12 noon): The mighty Spirit of divine love, expressed in me, draws to me an abundance of joyous blessings.

HEALING (9 p. m.): Divine love is now working mightily in me, renewing and restoring me to health and wholeness.

MARCH 20 to APRIL 19

ILLUMINATION (11 a. m.): I am made in the image and likeness of God, and I am filled with the wisdom and joy of His Spirit.

PROSPERITY (12 noon): I am made in the image and likeness of God, and I now come into my inheritance of bountiful good.

HEALING (9 p. m.): I am made in the image and likeness of God, and I manifest the wholeness and strength of His perfection.

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DAILY WORD

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Cover Photograph—*H. Armstrong Roberts*

Center Photograph—*Philip Gendreau*

DAILY LESSONS FOR MARCH

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The Fast That I Have Chosen

DORIS RUTH PEELER

"IS NOT this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thy healing shall spring forth speedily; and thy righteousness shall go before thee; the glory of Jehovah shall be thy rearward. Then thou shalt call, and Jehovah will answer; thou shalt cry, and he will say, Here I am."

In the latter days of winter do you not feel restless, do you not feel a longing to come close to God, to let go the old, to put on the new, to bring more good into your life, to become in outer expression the image and likeness of God that in your heart you believe yourself to be?

Even if there were no calendar with the holy days and other special days marked on it, this perennial yearning Godward would keep the resurrecting spirit alive in the human family as surely as the spring sunshine draws the new growth of

living things to the surface of the ground.

"Is not this the fast that I have chosen; to loose the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free, and that ye break every yoke?"

Are you holding no one in bondage? Think again. Are you sure you are not? Is there no one about whom you have thought: "He has to be watched. He will cheat me if I give him a chance." This thought is a binding one. Is there not someone in the circle of your loved ones of whom you and others say: "He is not strong. He takes cold easily." Or "He has a weak stomach; it gets upset very easily." Perhaps you are limiting someone's freedom after all. Let these "oppressed" go free in your own mind at least and in your conversation. Think of all persons lovingly and considerately but not in such a way as to hold them in bondage, not even the loving bondage of your fears for their well-being.

Do you ever tie yourself in nervous knots about a thing that will work out anyway? These self-imposed yokes can be broken just as easily as they were constructed, thought by thought. Set yourself free. God did not tie you in knots, and God does not hold you in bondage. God gives you freedom so that you can look with faith and optimism toward tomorrow.

Your Lenten observance may well take the form of setting your "captives" free; of freeing yourself and other persons from your own fears, doubts, or prejudices, or whatever may be the states of mind that restrict and bind.

"Is not this the fast that I have chosen . . . to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him?" There are certainly the hungry and the naked throughout the world. There are the hungry of mind and heart, those to whom a friendly word or a gesture of confidence and encouragement are meat and drink. You can feed this hunger no matter what your outer wealth.

As for the hungry of body, there is probably no one reading these words who has not some portion of substance to share with them. Little or much, bless it and give it from your heart. God will give it multiplying power. "Bring the poor that are cast out to thy house. When thou seest the naked . . . cover him." Receive into your mind and heart, where you truly live, the thought of those whose needs are many. Once you have them there you will shelter them with your faith and prayer, and outer actions will be dictated from your heart and spirit.

To many your respect for them and confidence

in their ability to live successfully and usefully may be the very shelter they need against the coldness of a prejudiced world. It is not too much to do to help a person find himself.

"Is not this the fast that I have chosen . . . that thou hide not thyself from thine own flesh?" Often you may have hidden your finer and better self from those you love best. Does self-consciousness prevent your being your most loving, your most gracious, your most sincere self among your own dear ones? It may require real effort to break this bond of self-restraint and to be more gracious, more frank, more at ease in sharing the best you have in your heart with those you love; but it will make this Lent one to be remembered. Sincerity, confidence, kindness will touch and release that which is fine and good in persons close to you. Both they and you will be uplifted by it.

"Then shall thy light break forth as the morning, and thy healing shall spring forth speedily; and thy righteousness shall go before thee; the glory of Jehovah shall be thy rearward. Then thou shalt call, and Jehovah will answer; thou shalt cry, and he will say, Here I am."

Outer discipline is good, but the deep, intimate discipline of the mind and heart will automatically lead to adjustment of much in the outer; for outer things really follow in the way that your thoughts

prepare for them. Make this Lent one of liberating others, of loving them, sharing with them, of rejoicing in the strength of the Lord, and of recognizing His goodness throughout all creation. Do this and you shall surely see the "light break forth as the morning" and the healing of your sadness and heaviness of heart will "spring forth speedily." Other healings will follow until you lose count of them. Your righteousness—the "right use" of all your powers and substance—will "go before" you, leading you in a joyous and satisfying way of life. God's own glory will show in your daily life, and you will know that your prayers are answered, because you yourself will have set in motion the forces that help to make it so.

You can make this Lenten season the turning point in your life, the point at which you turned toward happier, friendlier, healthier, more prosperous, more useful, and more truly noble living.

Let us all keep Lent in such a way that it will be a lasting blessing to ourselves and all the world. This is the fast that the Father chose for His children long ago and the fast by which we can truly glorify Him today. In this manner the winter dreariness will be dispelled and the way opened to Easter and the beauty of resurrection throughout the earth.

Prayer of Saint Patrick

I establish myself today in:

The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,

The ear of God to hear me,
The word of God to speak for me,

The hand of God to protect me,
The way of God to lie before me,

The shield of God to shelter me,
The host of God to defend me,

Christ with me, Christ before me,

Christ behind me, Christ within me,

Christ beneath me, Christ above me,

Christ at my right, Christ at my left,

Christ in breadth, Christ in length, Christ
in height,

Christ in the heart of every man who
thinks of me,

Christ in the mouth of every man who
speaks to me,

Christ in the eye of every man who sees
me,

Christ in the ear of every man who hears
me.

The Door to Your Good Is Open

HELEN MOORE

“**B**EHOLD, I have set before thee a door opened, which none can shut.”

What is the open door? Jesus Christ said, “I am the door; by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.” Christ then is the door, and because we have the mind of Christ we have always before us an open door.

When we are Christ-minded, open-minded, life is a succession of open doors. We have unlimited opportunities to advance.

No person or circumstance or even so-called law can ever close the door to our good. Whatever we need, the door to it is open before us.

Why do we not progress as we long to? How shall we learn to be Christ-minded, open-minded, and thereby experience the good we want?

Sometimes we feel closed in, we feel unable to break old habits of thought, we seem unable to change the pattern of our life. Sometimes it is fear of making a wrong move that keeps us from going through the door to our good. Even when we cannot see the way, when we are unsure of our guidance, if we follow our highest leading and continue to go forward we shall break the bonds

of fear and doubt that have held us back.

What are some of the things that keep us from breaking the bonds we have imposed upon ourselves? Fear of other persons, fear of what someone else may think, of what someone else may want us to do or not to do, of failure to please others.

Sometimes fear of the past or of the future holds us in bondage, and many times procrastination and a lack of faith in God or ourselves make us believe that the door is closed to us.

The truth is that nothing but our own negative thinking can keep us from experiencing health, happiness, and prosperity. The door is open; the way is clear.

As we are open-minded to new ideas, as we develop more faith in God, in ourselves, and in our fellow men, as we meet every experience with courage, we know that there are no closed doors.

God has opened wide the door to your good. Every experience that you have come through has contained some good, for it has brought you to the place where you now stand. You need not fear that you will fail to receive your guidance, for Christ in you is the way.

Let go of every negative belief, every fear, every thought of bondage, and step across the threshold into a new life.

In Appreciation of Daily Word

LUCILLE BOUCHARD

Editor's Note: *This is an unsolicited article.*

DAILY WORD means much to me in my everyday living. It provides me with a perfect affirmation for every problem, it helps me keep my thoughts clear and true, it helps me look beyond appearances and see the good in every situation and every person. Each day's lesson is short, and I take time to impress the whole lesson deeply on my consciousness. Often I repeat each sentence until I know it by heart. Then I go back to the first paragraph and repeat it until I know it by heart, then the next paragraph, and so on until I have memorized the whole page. Thus I am not only lifted up in spirit during my study period but as I go about my work I am able to think about the whole lesson.

We need to learn to be still, to wait on God, and to listen for the inner voice to speak directly to us. I find that to repeat affirmations is the best preparation for this. "Take with you words, and return unto Jehovah."

It is indeed profitable to memorize and fill our consciousness with precious Bible promises, uplifting affirmations of Truth to draw upon all

through the day or night, whenever we feel the need of them. This is my idea of unceasing prayer, and it is the best way I know to overcome negative thinking.

I have recently started the practice of immediately repeating an appropriate DAILY WORD affirmation whenever a negative thought of any kind comes into my mind. For example, when I say or am tempted to say, "I am so tired"—something I have often said to myself or to the Lord, though not often to anyone else—I repeat immediately this affirmation from DAILY WORD:

"I relax in the realization of the Christ strength within, and I am rested in mind and body."

Whenever worry about personal finances or thoughts of lack occur in my mind I affirm:

"I acknowledge God as the source of my supply, and I keep my mind filled with thoughts of plenty. The Lord is my shepherd; all that the Father has is mine."

Whenever there seems to be confusion in my affairs I repeat these words:

"Divine order is now established in my mind, body, and affairs."

For all problems I hold to this thought:

"Whatever the problem, whatever the need, divine love is the answer."

My most constant affirmations, affirmations for

the fulfillment of my greatest desire, for the guidance of the Lord in every detail of my life, are these two statements:

"The Spirit of God guides me, and I know what to do at all times and under all circumstances."

"Divine loves opens the way before me, my path is made plain, and I know what to do."

These are just a few of the affirmations in recent lessons of DAILY WORD toward which my attention has been directed again and again. The list is endless.

Persistently repeating these affirmations increases my faith, enlarges my vision, and brings me renewed strength and courage. As I see inner adjustments being made and outer conditions improving I realize beyond a doubt that the power of God is at work in my affairs. To overcome impatience I repeat this affirmation with conviction:

"Because I know that the power of God is at work in my affairs, I am joyously patient."

A directory of Unity centers is given on page 84 of UNITY MAGAZINE, which will enable you to locate your nearest Unity center. The Unity leaders listed have spent much time in preparing themselves for the ministry and are co-operating with Unity School in offering services and class instruction in the Unity teaching.

MARCH 1

Tuesday

GOD IS WITH ME. HE IS MY LIGHT, MY COMFORT, AND MY PEACE.

“**T**HE FATHER . . . shall give you another Comforter, that he may be with you for ever, *even the Spirit of truth.*”

I have the assurance that I am not alone. I am not left desolate, no matter what my trial may be. The Comforter, the Spirit of truth, the Father, is with me forever. This is His promise to me. I accept it and go on regardless of what I am ever called upon to meet.

The Father within me is my unshakable strength. He is my mighty power. Through Him I am lifted out of darkness into light, out of sorrow into peace, out of heaviness of spirit into joy.

As I turn to God in prayer He comes to me. He stills my turbulent mind; He quiets my doubting heart when I question the mysteries of life that are beyond my present understanding. He gives me solace. He strengthens my faith.

God is with me. He is my light, my comfort, my peace.

✱ *But the comforter, even the Holy Spirit, whom the Father will send in my name, he shall teach you all things.*—JOHN 14:26.

Wednesday

MARCH 2

A HEALING STREAM FROM GOD FLOWS THROUGH ME, AND I AM RENEWED AND RESTORED.

TODAY I FEEL the life of God in me charging my being with currents of strength and vitality. I feel health, the perfect health of Spirit, surging through me. I bless my body and all its organs and functions as they receive the energizing power of divine life.

I no longer see any part of my body as weak or diseased. All fear of pain or illness leaves me. The Christ Spirit within me responds to the Father's love and says to me, "You are perfect and whole."

Through the eyes of faith I see the healing Christ. I feel the presence of perfect health. Abundant life is mine. I have strength for every task, energy for all my duties. I am not weak. I am not tired. God is with me, the energizing strength of my being. I am one with Him.

God continually charges my body with radiant health as I turn in quiet faith to Him, and I am renewed and restored.

♣ *Jehovah, even Jehovah, is my strength and song.—ISA. 12:2.*

MARCH 3

Thursday

GOD IN THE MIDST OF ME IS A LIVING, LOVING PRESENCE THAT MOMENT BY MOMENT GUIDES ME AND CARES FOR ME.

GOD IS LOVE, and love is ever seeking to give of itself to the beloved. I am beloved of God. He is infinite good, life, love, strength, peace, harmony; and all these things and more He showers upon me when I surrender fear and doubt.

I am never alone. God will never leave me or forsake me, because He loves me. When at times I feel overwhelmed because of the negative appearances in my life I remind myself that it is not my personal will but the indwelling power of God that sets me free. I of myself am not expected to heal my body and harmonize my affairs, but as I quietly think of God's presence in my life God does the work that needs to be done.

So I put my trust in Him. I think of Him not as an impersonal principle but rather as a loving presence that is aware of me every moment, caring for me, and guiding me.

* *Be strong and of good courage, fear not, nor be affrighted at them: for Jehovah thy God, he it is that doth go with thee.*—DEUT. 31:6.

Friday

MARCH 4

I RELEASE ALL TENSION AND RELAX IN GOD'S QUIETING, RESTORING PRESENCE.

OFTEN WE allow the little bothersome problems of everyday living to take on a significance out of all proportion to their importance. Some little family disagreement in the morning may disrupt our whole day. Some problem involving the children may cause anxiety and worry. News contained in a letter may upset us, or some mistake made may irritate us. Tension is built up.

There is a sure and easy way to avoid all this. It is simply to realize that all the bothersome little happenings are not the cause of the way we feel; it is our thoughts about them that are to blame. When we realize that the way we feel depends on our thoughts and not on circumstances we have the key to harmony and happiness.

We can control our thoughts. We can say when problems arise: "God is taking care of everything. All these things will pass away. I will not be concerned, for I know that God is in charge."

✿ *Whatsoever things are true, whatsoever things are honorable . . . whatsoever things are pure, whatsoever things are lovely . . . think on these things.*—PHIL. 4:8.

MARCH 5

Saturday

GOD'S LOVE AND WISDOM INSPIRE AND
GUIDE ME.

TODAY I AM going to try to realize more clearly that my happiness and welfare are in God's hands. What is equally important, I am going to try to realize that the happiness and welfare of my loved ones are in God's hands. I know that God loves all of His children equally. I know that He is wisdom and that He knows the desires of the heart. I can trust Him and rely on His wisdom and justice, for it is His will too that each one of His children be happy, healthy, and prosperous.

I will no longer feel that I am responsible for the outworking of good in my life or in the life of another person. I will let God do the guiding and directing. I will be obedient; I will be loving and wise.

Today I will let go and trustingly and happily let God take care of me and of my loved ones. God holds my hand and helps me go forward. He holds the hand of each loved one, guiding, protecting, sustaining, and blessing him.

♣ *He shall give his angels charge over thee.*—PSALMS 91:11.

Sunday

MARCH 6

I AM FILLED WITH INFINITE JOY, FOR I HAVE UNWAVERING FAITH IN THE RESURRECTING POWER OF CHRIST IN ME.

NO MATTER WHAT I may be passing through, I am not dismayed or cast down by reason of the appearances. I keep my attention focused on the resurrecting Christ presence within me. I am happy in the realization that He is my sure and absolute victory, for did He not say, "I have overcome the world"? No matter what difficulty now confronts me, I know that the Christ in me has the power to overcome it.

The Father that dwelt in Jesus and guided Him through the darker moments of Gethsemane and crucifixion is the very Father that now dwells within me. His loving Spirit supplies life to my body, wisdom to my mind, and strength to my resolves; so how can I fail?

I rise up this moment from my fears and doubts. I quietly persist in drawing my wandering vision again and again to the Christ presence within. Though my way is dim, I step forth on the promises of Jesus Christ with expectant faith.

✿ *Rejoice in the Lord always: again I will say, Rejoice.*
—PHIL. 4:4.

MARCH 7

Monday

DIVINE ORDER IS NOW ESTABLISHED IN MY MIND, BODY, AND AFFAIRS THROUGH THE POWER OF THE INDWELLING CHRIST.

AS I BEGIN this day I bless all the things that concern me. No matter what I have to do today, I give thanks that divine order is established in me and through me. I know that I am able to meet all things in a wise and understanding manner as I realize the Christ presence and power in me. His Spirit inspires me to organize my thinking and my efforts so as to make the best and most productive use of my time and energies.

I bless my mind, body, and affairs with the thought of divine order. The healing life of God is active in my body, renewing, rebuilding, and restoring it. The healing light of God is active in my mind, freeing me from negative thinking, making all things clear to me. The healing presence of God is active in my affairs establishing order and justice and righteousness.

I bless all persons and things with the thought of divine order. I give thanks for the knowledge that all things are working together for good.

✱ *All things work together for good.*—ROM. 8:28.

Tuesday

MARCH 8

I PLACE MY LIFE TRUSTINGLY IN THE FATHER'S HANDS, AND I AM FREE FROM ALL WORRY AND FEAR.

MY PRAYER is a constant affirmation of faith in God. I know that He is with me. I know that His will for me is good. I know that His will for every living soul is good.

If I find that I am worrying about a situation, I declare that the outcome is with God. I know that He will bring good out of every situation. I affirm my spiritual oneness with Him. I affirm health of body and of mind, victory over all obstacles, happiness and peace at all times.

I believe in my Father's loving care. I know that His goodness never changes, never fails. I am at peace in my mind and heart, for I know that nothing in all the world has more power than God. Eternal, omnipotent goodness is watching over me and my loved ones.

I do not worry about the outcome of any situation. My heavenly Father is in charge, and His will is good. I trust Him to bring forth good in every situation, and I know that all is well.

✿ *I will trust, and will not be afraid.*—ISA. 12:2.

MARCH 9

Wednesday

I LET GO OF THOUGHTS OF THE PAST AND
LIVE RICHLY AND FULLY IN THE PRESENT.

PEOPLE WHO live in the past restrict their present growth and progress. By dwelling on past pleasures and regretting past mistakes time, thought, and energy are used that could be much more profitably used in the living of the present moment.

The past is valuable to us only for the experience it has given us that enables us to meet the issues of today more wisely and understandingly, with more poise and assurance.

If I have been living in the past I begin now to recognize each day as a new beginning in which I may press on toward the goal of perfection. I free my mind and heart from vain longings and regrets for the past and begin to live fully and freely in the present. What I have been cannot limit what I am now or what I can become, for unlimited opportunities lie before me. As I free myself from thoughts of the past I am able to see and accept my good, and I go forward into a better and happier way of life.

* *Forgetting the things which are behind, and stretching forward to the things which are before.*—PHIL 3:13.

Thursday

MARCH 10

POWER TO OVERCOME FLOWS THROUGH ME
FROM THE DIVINE SOURCE AS I SEEK THE
FATHER'S BLESSING.

IF I AM confronted by a disturbing condition in life I do not fight against it. If I feel that I am falsely accused I do not try to defend myself by argument. If circumstances press a seemingly overpowering weight upon me I do not give way to despair.

I simply try to be still and know that God is with me, the Lord God of Hosts, the mighty Spirit of all the universe, the supreme deliverer. He is with me, and all His infinite power is mine. I pray quietly, in faith. I say confidently: "That which seems to be is not so. It will pass away like a mist. The Spirit within is my strength, restoring me and blessing all the conditions of my life."

As I pray in faith divine love flows through me, filling my whole being, clearing away all fear, all anger, all self-pity. I love everyone and bless those who seemed to be falsely accusing me. The assurance that I am not helpless and alone comes to me, and I am transformed into a calm, poised, confident person.

✿ *If God is for us, who is against us.*—ROM. 8:31.

MARCH 11

Friday

THIS IS OUR FATHER'S WORLD. GOD IS THE
RULER ETERNALLY.

THE CONFUSION and disorder apparent in the world today need not distress us, nor need forecasts of disaster dismay us if we will but hold to the eternal truth that God is over all and in all, and that He has all power forever.

We can deny the power of all the evil forces that seem to be so real, just as Jesus denied the power of the apparent evil forces of His day, and as surely as He overcame even the cross itself so shall we overcome. By our steadfast faith in God we can bring peace and harmony into our own life and promote the peace and harmony of the world.

This is our Father's world. God is the ruler eternally. This truth is our everlasting comfort, our fortress, our strength, our assurance of good prevailing always. We can lift up our head and heart and refuse to accept as real any appearance contrary to this truth.

We can face any difficulty unafraid. God is with us, the eternal, the omnipotent, the all-loving God, our Creator, guardian, and guide.

♣ *He endured, as seeing him who is invisible.*—HEB. 11:27.



March

JAMES DILLET FREEMAN

You did not need an almanac
To tell the day when spring came back.
Before the earliest green showed through
Spring was an urge inside of you,
An alchemy you could not see,
March magic only inwardly
And dimly dreamed of, spirit caught,
Subtle as hope, like a new thought
Before the mind becomes aware—
Before the first bird spring was there!

A heart can have as deep a need
To split the husks as any seed.
Before a spiritual thing,
Before a miracle like spring
The mind can only halt and grope,
Only the heart can grow, can hope,
Can burst its chrysalis of doubt
And let the inward beauty out—
The hidden crocus in the clod
And in the heart the growing god!

Saturday

MARCH 12

THE LIGHT OF SPIRIT SHINING IN ME REVEALS
ALL THINGS TO ME.

“**F**LESH AND blood hath not revealed it unto thee, but my Father who is in heaven.”

There are so many things that flesh and blood do not reveal to us. True revelation comes from the Spirit within. No one else can know our true needs, our real desires except the spirit in us. No other person can give us light, for light comes from within. No one else can reveal to us our true being in Spirit, our true spiritual nature.

Whatever your needs, whatever your desires, become still and let the light of Spirit fill you. The light is within you. It enables you to see all things clearly, it reveals the truth to you.

The light of Spirit shining in you reveals all things to you. It gives you an intuitive knowledge of Truth; it brings you understanding that is deeper than human reasoning; it makes you see yourself, other persons, and the world in a new light. You see beyond appearances to the underlying spiritual perfection.

✿ *Blessed art thou . . . for flesh and blood hath not revealed it unto thee.*—MATT. 16:17.

MARCH 13

Sunday

I THANK GOD FOR THE PRIVILEGE OF WALKING WITH HIM THIS DAY.

I THANK God when I awaken in the morning for a new day of opportunity to live with Him. I thank Him for the beauty and benefits of every kind of weather. I thank Him for strength to meet and overcome every seeming difficulty.

I thank God throughout the day for His constant help in guiding my every thought and act. I thank Him for kindly understanding when I falter and for the strong, firm hand He reaches out to lift me when I fall. I thank Him for His full forgiveness.

I thank God for everyone I meet, for all that He gives to me and for all that I may give to Him from the inner resources of Spirit.

I thank God at the end of the day for making the hours happier and more fruitful. I thank Him for the health He has poured into my body and mind. I thank Him for the calmness of spirit that meets sleep trustingly, and for the promise of a new awakening.

✿ *For thine is the kingdom, and the power, and the glory, for ever.—MATT. 6:13 (A. V.).*

Monday

MARCH 14

I TRUST IN THE DIVINE LAW OF JUSTICE TO
REGULATE AND ADJUST ALL MY AFFAIRS.

I REFUSE to believe that I can be unjustly treated. I know that the divine law of justice is greater than apparent injustice; I know that nothing and no one can withhold the justice due me.

I do not place my faith in my human conception of justice. I know that the divine law of justice is more far-reaching, more to be relied on than the human law. The law of divine justice brings me a return for every good thought, every good deed. This is true even when it seems that my thoughts and deeds are unappreciated, even when according to appearances it seems that I receive nothing in return for what I give.

The divine law of justice brings my own to me. I may have been looking for good to come to me through particular channels; I may have expected someone whom I have helped to help me. I need to cease trying to direct the course of divine justice and instead open myself to my good, knowing that it cannot help but come to me.

✿ *Why sayest thou . . . the justice due to me is passed away from my God?—ISA. 40:27.*

MARCH 15

Tuesday

AS I BEHOLD THE CHRIST SPIRIT IN ALL PERSONS I AM FILLED WITH LOVE FOR ALL.

IN QUIET communion with the Father I feel His love filling me. I behold His loving presence in every person, and my love goes out to all. I know that God's forgiving love has set me free from past failures, and I freely and fully forgive myself and all persons. I free my mind from every trace of resentment, envy, or jealousy, and with all my power I breathe a blessing upon all.

My faith in God's infinite goodness and my knowledge that His Spirit abides in all men gives me a sure faith in people. I see through seeming betrayals of trust to the everlasting verities of Spirit.

I believe in the infinite worth of every person; I see the goodness, the Godlikeness in each one. As I behold the Christ Spirit in all persons I am filled with love for all.

I love the Christ in my neighbor, and so I am able to love and trust him. Thus I fulfill the divine law of love.

✿ *A new commandment I give unto you, that ye love one another.*—JOHN 13:34.

Wednesday

MARCH 16

I COMMUNE WITH THE LORD IN PRAYER, AND
HE HEARS AND ANSWERS ME.

WHEN IN the silence I turn to the light of God's presence I know that I can speak directly to Him. I feel His answer to my prayer in the flood of joy and peace that fills my being.

In prayer my spirit is one with the Father's, and I know that the highest, the perfect good, which God supplies to all who seek Him diligently, is mine, His gift to me, His answer to my prayer.

No changes may immediately be brought about in outer affairs, but I am content, for the peace that passes understanding is given to me at once, and I know that all things are working together for good.

I hear the Christ voice saying, "I am the way, and the truth, and the life." I say to the Christ within, "I come, I follow thee."

God pours out upon me His abundant good, heaped up and running over.

*I sought Jehovah, and he answered me,
And delivered me from all my fears.*

—PSALMS 34:4.

MARCH 17

Thursday

IN THE MIDST OF CONFUSION I AM AT PEACE.

NOTHING GIVES inner calm and outer poise as surely as a consciousness of God's indwelling presence. It is impossible to be in a troubled or confused state of mind when you realize that God's peace is infolding you.

Tensions and tempers are eased and dissolved through turning to the spirit of calm that is the true central core of your being. At the center of every storm, even the most violent hurricane, there is a place of calm. At the center of your being, even when you seem distressed and disturbed, there is a place of calm. It is God's dwelling place.

There is no need to become excited or hurried or confused or angry, for the calming peace of God is with you in all situations, at all times. Seek out in quiet prayer the sanctuary where all is peace. It lies within your being, a place of beauty and of rest. The Father awaits you there.

When you realize that your place of peace lies within you, is always available to you, you are no longer fearful or disturbed. In the midst of confusion you are at peace.

✿ *Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.*—ISA. 26:3.

Friday

MARCH 18

GOD IS WITH ME, MY HELP IN EVERY NEED.

THERE IS help at hand in every situation, for God is with us and He is our help in every need. It does not matter what our need is, how great or how apparently trivial, God is the answer.

We find our way out of perplexing situations when we quiet our anxious or fearful thoughts and realize that there is always a right way for things to work out. The right way will be revealed to us as we place our faith in the power of God, as we know that His power is working through us. It has been said that man's extremity is God's opportunity.

We can turn to God anywhere, at any time; we can reach Him as swiftly as our thought can turn to Him. We need only to affirm, "God is here," and we feel His presence. We need only to affirm, "God is my help," and we open ourselves to His right answers. We need only to realize that there is nothing too great for God, no situation that is beyond His blessing, to find quick release from fear or doubt.

☛ *God is . . . a very present help in trouble.*—PSALMS 46:1.

MARCH 19

Saturday

TODAY I CLAIM MY GOOD AS A CHILD OF
GOD.

NOW, TODAY, is the time for living. Mistakes, errors in judgment, past disappointments I let go of, for they belong to the past. Memories of past joys and achievements can savor the present, but I must not live in them, failing to go forward to new development. Nor must I live in the future, postponing my good to some distant day. Faith in the future may release me from worry and insecurity. However I must no longer expect my desires to be fulfilled only in the future. Now is the hour.

Today I claim all the good that is now ready for me. All that is rightfully mine as a child of God I thankfully accept today. Acting as if good were already mine, I soon find myself blessed beyond my most joyous dreams.

I appreciate more fully the gifts of love, joy, wisdom, and beauty that have always been mine. As for material things, I bless and use all that I have. Things not needed I give away joyfully. There is plenty; I need not hoard.

✿ *For everything there is a season, and a time for every purpose under heaven.—ECCLES. 3:1.*

Sunday

MARCH 20

I AM MADE IN THE IMAGE AND LIKENESS OF GOD, AND I AM FILLED WITH THE WISDOM AND JOY OF HIS SPIRIT.—UNITY ILLUMINATION THOUGHT.

THE BIBLE tells us that man is created in the image and likeness of God. Hidden within this statement is a magnificent spiritual truth. Since God is Spirit and man is created in His image and likeness, man therefore is Spirit and has within him all the qualities and attributes of God awaiting full and complete expression.

Since we are sons of God we partake of the fullness of His divine life, wisdom, joy, and peace. Whatever we need in the way of greater knowledge, increased understanding, new opportunities to express our talents or special skills, we find is ours through our faith in our divine sonship and our willingness to follow the leading of His Spirit in us.

Today, this moment, let us rejoice in the assurance that we are filled with the wisdom and joy of God's Spirit. Let us realize anew that through Him comes our life, our hope, our strength, our wisdom, our joy, our ability and energy.

● *And God created man in his own image.*—GEN. 1:27.

MARCH 21

Monday

I AM MADE IN THE IMAGE AND LIKENESS OF GOD, AND I NOW COME INTO MY INHERITANCE OF BOUNTIFUL GOOD.—UNITY PROSPERITY THOUGHT.

IT is truly a joy to us when we learn through the study of Truth that God is a Father who is the Lord of infinite plenty, and that His will for us His children is that we have and enjoy abundant supply for every need.

God has given us His Spirit to indwell in us, and through His Spirit He has given us the key to His storehouse of abundance. We call this key faith, and it is through the exercise and practice of faith that we open the doors to God's storehouse and lay hold of the divine substance that is unfailing, always greater than any demand that we can make upon it.

Let us rise up now, no longer shackled by the belief that we are overshadowed by lack. Let us lift our eyes and see the opulent splendor of God's substance ready for us to take, shape, and use. Let us rejoice in our Father's love and enter into our inheritance of bountiful good.

♣ *He brought us forth by the word of truth.*—JAMES 1:18.

Tuesday

MARCH 22

I AM MADE IN THE IMAGE AND LIKENESS OF GOD, AND I MANIFEST THE WHOLENESS AND STRENGTH OF HIS PERFECTION.—UNITY HEALING THOUGHT.

GOD'S SPIRIT, which indwells in us, is the Spirit of wholeness, the Spirit of perfection. This Spirit is the Spirit of our life, the energizing power that enables us to live, think, and act.

Because we are made in the image and likeness of God, and God's perfect Spirit dwells within us, we are spiritually perfect children of our perfect Father. This truth is the basis of all spiritual healing, for according as we recognize that God's Spirit of life dwells within us and we call this Spirit forth into expression, we manifest wholeness in mind, body, and Spirit.

Health and strength are ours as we declare our faith in the truth that we are made in the image and likeness of God. As we accept and practice this truth we are blessed with abundant energy and strength, and we are made whole and well.

✿ *If the Spirit of him that raised up Jesus from the dead dwelleth in you, he that raised up Christ Jesus from the dead shall give life also to your mortal bodies through His Spirit that dwelleth in you.—ROM. 8:11.*

MARCH 23

Wednesday

APPEARANCES DO NOT DISCOURAGE OR
FRIGHTEN ME, BECAUSE MY TRUST IS IN GOD.

IF CONDITIONS in my life do not change overnight I do not allow myself to become discouraged or impatient. To do so is to doubt God's all-healing ability, and when I doubt I cut myself off from the inflow of His harmonizing ideas. Once I have turned my problem over to His capable hands, I leave it there, knowing that He is in perfect control. This may be a little difficult to do at first, but as I quietly call my attention back to a realization of God omnipresence despite the many times it wanders to negation, an involuntary habit of God thinking is soon established.

The quickest and surest way to obtain good results in my life is to take my mind off my problems and fix it upon God and His present indwelling goodness. When I am constantly looking for the evidence of healing I am not thinking of the presence of God, which is the thing I need to do if I am to be healed.

No matter how urgent my need, I think of His presence, not the need, and I am healed.

☛ *Rest in Jehovah, and wait patiently for him.*—PSALMS 37:7.

Thursday

MARCH 24

THE SPIRIT OF DIVINE LOVE IN ME REVEALS
TO ME THE GOOD THAT IS IN EVERY PERSON
AND EVERY SITUATION.

THE SPIRIT of divine love shining through me sheds a clear light on all the things that happen to me, and I see God's goodness in all and through all. I am filled with the light of Spirit as I lovingly place all things in the Father's care. Through the eyes of love I see good everywhere, in everyone.

From a heart warm with love I pour out a blessing upon every person whose life touches mine today. I bless those I speak to, those I write to, those I think about.

The beauty of the world about me is good. The smiles of those who greet me are good. The abundance that comes constantly from God's storehouse is good. The joy that fills me is infinitely good.

I thank the Father with all my heart for His goodness. I praise Him for His loving care of me and for "his wonderful works to the children of men."

✿ *All thy works shall give thanks unto thee, O Jehovah.*
—PSALMS 145:10.

MARCH 25

Friday

I HEAR THE FATHER'S VOICE CALLING ME HIS BELOVED CHILD, AND I RESPOND WITH ALL MY BEING.

IN THE silence of my inner self I hear the still small voice of God saying: "My child, My beloved child, I am with you now and always. Lean on me, and I will hold you up. I will comfort you and heal you. I will strengthen and sustain you and fill your soul with joy."

Father, I hear Your voice of love. It quickens me and warms me. I respond joyfully, opening all my being to the quieting peace of Your presence. I am filled with a sense of infinite well-being. Complete confidence and assurance gives positive direction to all my thoughts and acts.

Father, I feel the union of my spirit with Your Spirit. I feel Your perfect goodness filling every part of my being. I feel a oneness with all life, with all people. I am one with you and all men everywhere in a unity of Spirit.

Father, I give You all of myself, and my heart is filled with joy, my life is filled with good. I know that I am your beloved child.

✽ *I bare you on eagles' wings, and brought you unto myself.—EXOD. 19:4.*

Saturday

MARCH 26

THE CHRIST SPIRIT WITHIN ME LIFTS ME ABOVE ANY BELIEF IN DISAPPOINTMENT OR DEFEAT.

JUST AS strong hands reaching out from the lifeboat rescue the swimmer being dragged down by the undertow, so the power of the Christ Spirit in you will rescue you from the downward pull of disappointment and discouragement.

Just as the lifeguard hears and responds to the swimmer's cry for help so the Lifeguard in your being hears your cry and responds instantly. Help is always at hand for you, no matter how far out you swim or how far down you sink. Raise your cry in faith and strong hands will lift you.

Say to yourself when discouragement is heavy upon you: "I am God's child today just as I was yesterday. I am in His keeping now just as I was before this disappointment came. The Christ Spirit is still within me. Nothing has changed. All the power of the universe and the victory are still mine. I thank God and take new courage."

The all-conquering Christ Spirit is always with you. Let nothing dismay you.

☛ *Lo, I am with you always, even unto the end of the world.*—MATT. 28:20.

MARCH 27

Sunday

IN QUIETNESS AND TRANQUILLITY OF SPIRIT
DO I FIND MY DELIVERANCE AND MY
STRENGTH.

THE HEALING power of God works most perfectly and mightily through the mind, heart, and body that is most completely quiet and still. Quiet contemplation of the truth about God and His healing omnipresence is the way to release the transforming power of Spirit throughout every department of our life.

All this sounds well, we may say, but what about the emergency that sometimes arises? Must we become still in the midst of frightening conditions? Yes, we need to get still the moment our thoughts and emotions begin to rush about in panic, and the greater the seeming emergency the more unrippled our stillness needs to be. There is power in stillness to devitalize all fears and doubts. Even the boisterous winds and angry waves were completely stilled by Jesus' quiet words "Peace, be still."

When fear urges us to retreat let us quietly say "no" and confidently go forward in the quiet realization of His presence.

✿ *Peace, be still.*—MARK 4:39.

Monday

MARCH 28

I RELY ON THE SPIRIT WITHIN ME FOR HEALTH, STRENGTH, GUIDANCE, AND THE FULFILLMENT OF MY HIGHEST DESIRE.

OFTEN WE let things that have happened or that appear likely to happen fill us with remorse or fear when all the while we have right within us God's overcoming power. We may get upset and worried at times, but we need only to remember the glorious truth that God is with us to take away all sting and hurt.

No matter what has happened or may happen affecting the outer life, the Spirit of the Father still abides in us, unaffected and ever ready to comfort and restore. There is everlasting life and power over all things in the Spirit. We need only to call upon its infinite resources to receive the fulfillment of our highest desire.

When we give everything trustingly to the care of the Father we find immediate relief. Conditions of body and circumstances lose their fearful, harmful meaning. The great, glad fact that we have God with us to care for us will fill our mind so full that there will be no room for gloom or fear.

✿ *Fear them not, neither be dismayed at their looks, though they are a rebellious house.—EZEK. 3:9.*

MARCH 29

Tuesday

THE LIVING CHRIST IS MADE REAL TO ME
TODAY.

IN JESUS Christ the Father provided a pattern for us all. In Jesus, who possessed the characteristics common to humanity, who was tempted in all ways as we are, God revealed the height of perfection to which we may rise.

We read of a human Jesus in the Gospel stories. We follow Him up and down His little homeland. We listen to His words. We fix our thoughts on Him, and suddenly in a flash of illumination we see the living Christ.

The Christ in us, the high, true self that is our own reality, is the Christ that was in Jesus. The Christ in us knows God, the loving Father, as He knew God.

Even as Jesus was transfigured, so we too can ascend the "mount" and be transfigured. The human self can decrease as the Christ self increases. Like Jesus, we can know ourself to be a son of God, we can know that all men are sons of God.

As the living Christ is revealed to us the Father's loving benediction pours out upon us. We know the truth and we are free.

• *Of his fulness we all received.*—JOHN 1:16.

Wednesday

MARCH 30

GOD IN ME IS UNFAILING STRENGTH THAT SUSTAINS ME EVERY MOMENT OF EVERY DAY.

HOW WONDERFUL to realize that God in the midst of us is our strength to accomplish whatever needs to be done in our life! When we turn to Him in prayer, in addition to the flood of divine ideas that comes to us, there also comes an influx of strength and courage that helps us carry out these ideas. Sometimes we are apt to become tense when we attempt to hold a thought, and in this very tension we quickly become tired and discouraged; but if on the other hand we very quietly and gently repeat an affirmation, an inner strength surges through us and enables us to hold our thought more faithfully until results are manifest.

No matter what the situation that confronts us, if we desire great strength or courage or faith or healing, we need to still all tensions of mind and body and quietly affirm, "God is my unfailing strength." With a realization of this affirmation all despair and tiredness will be transformed into joy and wondrous new energy.

♣ *They that wait for Jehovah shall renew their strength.*
—ISA. 40:31.

MARCH 31

Thursday

I AM FREE WITH THE FREEDOM OF SPIRIT.

I AM NOT bound by circumstances, persons, or conditions. I am free with the freedom of Spirit. When I realize this truth I am able to face any condition bravely, I am able to retain my self-assurance and poise in the presence of all persons. I am able to view circumstances as transitory, as but part of the whole pattern of good that is my life in God's sight.

In God's sight I am free. The important thing then is that I realize this truth, that I gain a vision of myself as free. I may not realize that I have been binding myself to negative ideas. But if I will think of myself as free with the freedom of Spirit, if I will affirm this truth every time I fear to do something, every time I think of myself as inferior or unworthy, every time I feel closed in by the circumstances of my life, I shall begin to experience a feeling of freedom such as I have never known. I shall discover what it means to live and think and act from the belief that I am a free child of God.

* *Creation itself also shall be delivered from the bondage of corruption into the liberty of the glory of the children of God.—ROM. 8:21.*

UNITY TRAINING SCHOOL

Announces Three Terms in 1949 Session

For eighteen years Truth students have been coming to the Training School at beautiful Unity Farm for study of the Unity teachings under the personal supervision of outstanding leaders and teachers.

The benefits of the instruction offered at the Training School are augmented by the serene and uplifting atmosphere of Unity Farm and by the opportunity to associate with Truth-seeking persons from all parts of the country.

In previous years there have been five terms offered during the Training School season, but because Unity headquarters, now located in Kansas City, will be moved to Unity Farm in the late summer the number of terms in the 1949 session has been reduced. The schedule for 1949 is as follows:

First term—April 25 through May 20

Second term—May 23 through June 17

Third term—July 11 through August 5

Classes will be offered each term for beginning and advanced students. The Training School courses are offered for those interested in preparing for the Unity ministry and for teaching, also for persons desirous of using their vacation time to seek greater understanding and spiritual unfoldment.

For additional information about the classes, teachers, and living accommodations, you are invited to write to G. LeRoy Dale, Registrar, Unity Training School, Lee's Summit, Mo.

SCATTER JOY AT EASTER WITH

Unity Greeting Booklets

By sending Unity greeting booklets as Easter messages to friends you can share the joy with them that you feel in your own heart at knowing the Truth way of life. Each booklet carries a heartening word of Truth that is sure to encourage and strengthen anyone who reads it.

A New Greeting Booklet Just in Time for Easter

Preparation for Easter

By Lowell Fillmore and

Ernest C. Wilson

Lowell Fillmore writes in his article in this new booklet: "Easter is a reminder to us to think about Christ's resurrection as a real event taking place in you or me this year." Ernest C. Wilson in his article writes: "Look for the good that will overcome the evil. Do something practical. . . . You can, and will, succeed."

Other Greeting Booklets

Be at Peace, Breath of Immortality, The Challenge of the Dawn, Daily Resurrections, The Good News, The Land Is Bright, Life Is Consciousness, The Mental Equivalent, Prayer of Prayers, The Protecting Presence, Recipes for Living.

Colorful, attractive (with decorated mailing envelopes requiring only one and one-half cents postage), Unity greeting booklets are 10



cents each, or \$1 for an assortment of 12 (your selection or ours).

UNITY SCHOOL OF CHRISTIANITY

— 917 Tracy, Kansas City 6, Mo. —

"BANK" ON PROSPERITY

One of the primary desires of all people is to be prosperous. The wonder is that so many do not seem to know how to gratify this desire, in spite of the fact that the way has been shown to them again and again—"Give, and it shall be given unto you," "With what measure ye mete it shall be measured to you again." The whole of the law of prosperity is embodied in these words, and we can depend upon the results of our obedience to this law. Colloquially, we say that we can "bank on" the results of working in accord with the prosperity law.

Using the Prosperity Bank plan with its daily prayer teaches us to keep our mind attuned to the true source of prosperity, which is God, and therefore to bring it into manifestation in our life. Use the coupon below to order your Prosperity Bank. Begin by "banking" on prosperity!

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three *Daily Word* subscriptions (one year each) listed below:

1. Name _____

Street _____

City _____ State _____

2. Name _____

Street _____

City _____ State _____

3. Name _____

Street _____

City _____ State _____

SENDER'S NAME _____

Street _____

City _____ State _____

Please indicate postal zone number, if cities are so divided.

LENT BEGINS MARCH 2...

Observe It the Unity Way

When Jesus said, "If any man would come after me, let him deny himself, and take up his cross, and follow me," He did not mean that men who desired to follow His teachings need deprive themselves of "things" or they could not follow Him. He meant that they should deny themselves their petty feelings of greed and selfishness and their erroneous ways of thinking and doing if they would become like Him.



This interpretation of Jesus' teaching gives to the Lenten season new meaning when Lent is observed the Unity way. Unity teaches that the period preceding the Resurrection should not be a time of sorrow but one of spiritual growth and thanksgiving, a time for meditating upon the true meaning of Jesus' triumph.

JOIN WITH US IN THE 1949 UNITY LENTEN PROGRAM

During Lent Unity students follow a daily program of reading the Bible and the book *Teach Us to Pray*, by Charles and Cora Fillmore, in accordance with the assignments and suggestions presented in the free booklet *The Unity Lenten Program*.

The book *Teach Us to Pray* (*The Unity Lenten Program* booklet included) is priced at \$1 a copy and may be obtained by sending your order to

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City 6, Mo.



Praise

R. H. GRENVILLE

Praise is a quiet and a gracious thing,
Like buds slow-forming where the woods are bare,
A silent recognition of the spring
Waiting to break upon the tremulous air.

Praise is a pillow to the tired head,
A lamp to light the traveler on his way;
It is the generous sacrament of bread
Shared between strangers at the close of day.

Swift is the word of praise to soothe the smart
Of old defeats, to light the troubled face,
Sweeter, oh, sweeter to the thirsty heart
Than streams of water in a desert place!

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